



Home-Grown in Kansas

May 24-October 25, 2006

Wednesday Mornings from 9 a.m. to 2 p.m.
Capitol Grounds, 10th Avenue and Jackson in Downtown Topeka

September 2006
Volume 1, Issue 5



Healthy Kansas Goals:

1. Increase your physical activity levels to at least 30 minutes five days each week
2. Eat a healthy, nutritious diet (including five+ daily servings of fruits and vegetables)
3. Stop using tobacco products.



Small Steps make a Big Difference!

Pick one lifestyle habit that is not the healthiest and substitute it for a healthy one! Healthy substitutions will help avoid relapse to the bad habit since you have replaced the food or activity with something else. Everyone is different but here are some habits that can easily be substituted.

Instead of drinking your one can (or more) of pop everyday, drink water or a non-caloric sweetened beverage such as diet soda, iced tea, or water. Instead of watching television after dinner, take a walk, play in your yard, ride bikes with your kids, dance, or take part in another enjoyable physical activity (this can include painting your fence with your kid if you enjoy it!). Instead of sweet, baked (or fried) food items for breakfast or snacks, choose fruits (apples, peaches, pears, watermelon) with a handful of nuts or whole grain snacks.

What is one less than healthy habit you could replace? Pick a day and do it, then stick with it. Every week, every other week, or every month pick something new to replace. A healthy lifestyle will not occur overnight. The most sustainable changes occur over time made in small steps. The most important thing is to decide to make that first step and to make that commitment to better health.

What's fresh for September

Apples, pears, eggplant, leeks, melons, peaches, okra, carrots, cucumbers, garlic, hot and sweet peppers, onions, potatoes, summer squash, winter squash, sweet potatoes, and tomatoes.

Shoot for Quality, Not Quantity, of Life

This includes eating a diet rich in fruits and veggies, getting regular physical activity, and not using tobacco products. Sure we are all going to die, but how will you choose to live out your older years? Seventy percent of all deaths in the U.S. are attributable to chronic diseases with the majority being preventable simply by living a healthy lifestyle. Quality of life is defined as a person's overall sense of well-being, or as the level of comfort, enjoyment, and ability to pursue daily activities of living (Cancer Care Manitoba).

"The prolonged course of illness and disability from such chronic diseases as diabetes and arthritis results in extended pain and suffering and decreased quality of life for millions of Americans." (<http://www.cdc.gov/nccdphp/overview.htm#top>)

For a great eating and lifestyle plan, check out the book: *Eat, Drink, & Weigh Less* by Walter Willett and Mollie Katzen. A wonderful, science-based book, even for those who are already at a healthy weight.

Fresh From The Farm

FOCUS: Butternut Squash

In just 1/2 cup of this sweet squash is about 4 times the daily recommended value for vitamin A, 2 grams of fiber, and only 46 calories. Making yellow/orange fruits and veggies a regular part of your day can help maintain: heart health, vision health, a healthy immune system, and a lower risk of some cancers.



Look for Butternut Squash at the Wednesday Market

Squash should be heavy for its size with no bruises, cracks, or decay. Store whole in a cool dry place. Will keep for several months if stored properly and if stem is still attached. Consider having this delectable veggie for dessert baked and dotted with butter and maple syrup.

Featured Recipe:

"THREE SISTERS" STEW, serves 6

Squash, corn, and beans are known as the "three sisters" in Native American mythology and are celebrated at harvest festivals. Don't be intimidated by the kale—prepare just like spinach.

- 1 large butternut (about 3-4 pounds)
- 2 cups corn kernels (frozen or canned)
- 2 cups cooked or canned pinto beans
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 head of kale, chopped (bonus super food!)
- 14- to 16-ounce can diced tomatoes, with liquid
- 1 tablespoon olive oil
- 1 cup homemade or canned vegetable stock
- 1 or 2 small fresh hot chiles, seeded and minced (optional)
- 1 teaspoon each: ground cumin, dried oregano
- Salt and freshly ground black pepper to taste



Peel the butternut squash and cut in half lengthwise. Remove seeds and cut into large dice. Set aside.

In a soup pot over medium heat, or better yet, in a crock pot, heat the olive oil and sauté the onion until translucent. Add the garlic and sauté until onion is golden brown. Add the squash and remaining ingredients, except salt and pepper, and simmer gently until squash is tender. You can keep on low for 1-2 hours to allow flavors to penetrate or serve immediately. Season with salt and pepper. Serve with crusty whole wheat bread. Yum!



Kansas Department of Health & Environment
For an electronic copy of this newsletter see:
http://www.kdheks.gov/bhp/farmers_market/newsletters.htm
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